

# Healthy at Home for the HOLIDAYS

## GET VACCINATED

COVID-19 vaccines are safe, effective, and free and recommended for adults and children 6 months and older. Vaccination is still the best way to protect yourself from getting sick. It also protects your loved ones, especially those older and who may already be ill.

## GET BOOSTED



COVID-19 boosters are now available for ages 5 and up! Find a vaccine or booster near you at [www.mass.gov/covid-19-vaccine](http://www.mass.gov/covid-19-vaccine).

## DON'T FORGET FLU!

Everyone 6 months and older should get an annual flu vaccine. Flu is still a serious concern, especially for older adults, pregnant people, and those with medical conditions. And YES, you can get COVID-19 and the flu at the same time. The good news is that you can get a flu and COVID-19 vaccine at the same time, including a booster.

## GET TESTED

Get a COVID-19 test before and after you attend a gathering or travel, especially if you may have been around someone who was exposed or will be around older adults or others at increased risk of severe COVID-19. Find information on testing sites and access to at-home test kits at [www.boston.gov/covid19-testing](http://www.boston.gov/covid19-testing)

[www.boston.gov/bphc](http://www.boston.gov/bphc)

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## GATHER SMART

### Consider Risks

If you or a loved one are an older adult or have a health condition that increases your risk of severe COVID-19, consider staying home and enjoying the holidays virtually, especially if you are not fully vaccinated.



### Keep it Small

The more people that gather close together, the higher the risk of COVID-19.

### Increase Ventilation

COVID-19 spreads easier inside because there is less air circulation. This is especially true in winter when doors and windows are shut. If you can't celebrate outdoors, try to increase ventilation by opening windows or using air purifiers.

### Plates to Yourself

Do not share plates, glasses or utensils. Avoid communal foods. Illnesses like colds, flus, and even COVID-19 can be spread through surfaces as well.

## FOLLOW THE BASICS



### Wear a Mask

Cover your mouth and nose by wearing a mask indoors and using a tissue when coughing or sneezing. This can protect from colds, flu, as well as COVID-19 by limiting the spread of respiratory droplets.



### Wash Your Hands

Use soap with clean running water for 20 seconds often, especially after using the bathroom or before eating. This helps prevent the spread of germs that can cause colds, flus, and COVID-19.